











ACTIVITY SESSIONS FOR ADULTS WITH A LEARNING DISABILITY AND AUTISM TIMETABLE

MON		ARCHERY (Move More for Less) 10am - 11:30am	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
		ADAPTED CYCLING 1:30pm - 3pm	Active Outdoors Hub, Witton Park, Blackburn, BB2 5LE
TUES		SENSORY WALK 10:30am - 11:20am	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
		SWIM 1:30pm - 2:30pm	Blackburn Sports & Leisure Centre, Feilden St, Blackburn, BB2 1LQ
WED		MULTI SPORTS (Move More for Less) 10:30am - 11:30am	Darwen Leisure Centre, The Green, Darwen, BB3 1PW
		ADAPTED CYCLING 1:30pm - 3pm	Active Outdoors Hub, Witton Park, Blackburn, BB2 5LE
THUR		TEAM GAMES (Move More for Less) 10am - 11.30am	Witton Park Arena, Witton Park, Preston Old Road, BB2 2TP
FRIDAY		DANCE 10.30am - 11.30am	Audley Centre, Chester St, Blackburn, BB1 1DW
		GYM SESSION 10:30am - 11:am	Audley Centre, Chester St, Blackburn, BB1 1DW
		FOOTBALL 11am - 11:30am	Audley Centre, Chester St, Blackburn, BB1 1DW

All sessions are £2. Sessions based at leisure facilities are £1 with a re:refresh membership. Carer's can attend free of charge. It is advisable to ring before attending sessions to check availability.
Thank you.

MATTHEW



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